

ABSTRACT

A protective helmet includes a substantially rigid outer shell defining a bottom opening and an internal cavity for receiving a wearer's head; an inner ring positioned substantially within and secured to the outer shell; a suspension secured to the inner ring and including at least two
5 suspension straps; and a headband positioned substantially within the outer shell and adjacent the bottom opening of the outer shell, wherein the position of the headband relative to the inner ring can be manipulated, effectively adjusting the vertical position of the headband within and relative to the outer shell.